

How to stay healthy

Consider the saying “you are what you eat”- if you **don't eat like an athlete, you cannot perform like one.**

Before Morning training:

Cereals, toast or a snack type item (cereal bar, fig rolls, toast with jam, a piece of fruit, low fat fruit smoothie.) Make sure you also have a drink so you don't get dehydrated.

During Training:

Have a drink (water, cordial or a sports drink) so that you are able to keep hydrated throughout the session. **Drink the contents of your water bottle.**

After Training

Have light protein & carbohydrate snacks in your bag ready to eat, a banana, cereal bar or digestive biscuits, milkshake, fruit smoothie to build up your energy levels again. Try to eat within 15 minutes of the end of your session. **Always try to avoid high fat junk food.**

BREAKFAST

This is the most important meal of the day. **Have a good breakfast.** This will help refuel your body and stop you feeling tired. Remember to have a drink.

Mid Morning:

Cereal bar and a drink – **Always avoid fizzy drinks.**



Lunch

If you eat school lunch select the **healthy option** such as pasta, rice or baked potato plus some fruit and a drink. If you have a packed lunch **eat all your sandwiches** plus some fruit and a drink

Mid Afternoon

Banana or cereal bar plus a drink

Home from School

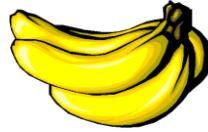
Home by 3.30pm. Training at 5 - don't eat after 4. Have a light meal or snack plus a drink.

Competition Day:

- Remember to get a **good nights rest the day before** so that you can swim fast.
- Breakfast before you leave - only have large breakfast if first race is 2 hours or more away. If not just have cereal/toast/bagel/pancake etc. Don't forget to drink
- Arrive on time for warm up
- 30 mins warm up
- Replace fluids
- Less than one hour before race eat banana and drink.
- More than one hour but less than 2 eat carbohydrate snack.
- Best to eat **little and often** during the day to keep energy levels high
- Eating too much at once can make you feel heavy and tired
- Try to eat during the longer breaks – have carbohydrate meal if more than 2 hours before next race.
- Take your own food with you
- Take enough fluid to last the whole day
- Have something to eat and drink **immediately** after your last race
- **Avoid Burger King/MacDonald's** on your way home – high fat processed foods delay recovery
- Have some high carbohydrate foods + protein prepared for you to eat **as soon as** you arrive home
- **Have a good nights rest** especially if you are competing over the whole weekend.



Bananas – the swimmers snack



Drinking before training:

Drink 2 cups of water, diluted squash or Isotonic drink 2 hours before training

Drinking during training:

Bring a water bottle to training filled with water/**VERY** dilute squash/Isotonic drink – think of it as being part of your gear, you wouldn't come without trunks or a swimsuit. During the session **DRINK** the contents of your water bottle. Drink after each set in the session. If you are given 100m Frontcrawl to swim don't stop after 50m for a drink, finish the 100m and drink in the rest time

Night before competition:

Try to consume plenty of fluids the evening before the competition, maybe with the meal. Try to drink squashes, milk or fruit juices and avoid caffeine-containing drinks, which can lead to dehydration.

When should I drink on a competition day?

You should start drinking early on a competition day.

150-300ml of fluid up to the event, or try to take sips of fluid on a regular basis, but beware you can drink too much whilst waiting for the competition!

For hydration after the event - drinks, which 'you like the taste of', will more readily promote hydration. Try not to drink plain water, if so; include a pinch of salt, which will promote the uptake of water. Avoid caffeine-containing drinks.



Welcome to the super sandwich - a snack packed with energy which could put you on the winner's rostrum
The super sandwich, which is also fun to make, is one of the best things you can eat.





Ian Thorpe
Freestyle swimmer



Aussie swimming sensation Ian Thorpe speaks to the BBC Sport Academy

When I am training at home I have a very healthy diet. For breakfast I have cereal, toast and fruit juice. I will usually have jam on my toast and the fruit juice is usually fresh orange. The rest of my meals in the day consist of low fat foods which are high in carbohydrate with a lot of protein and plenty of vegetables. This gives me the energy to swim as much as I want, especially when I wash it down with an isotonic drink. This is the diet I have for six days out of seven a week. It is pretty boring and can get frustrating because I love my chocolate.

The other night of the week, I go out to a restaurant with my friends and eat whatever I want. If I ever really need a snack on my day off I will have something like Caramel Space Food Sticks. These are long chewy energy sticks which are really tasty. This helps me to keep a bit of normality in my life. It would be ridiculous if I ate healthily every time I was hungry. Even top swimmers need to have a little bit of fun every now and then! My healthy diet can get pretty frustrating and, like most people, I love my chocolate